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the Daglightale

**YOUR
STUDENT
NEWSPAPER**

the countdown to feb 15... chocolate sales



10 DATE IDEAS

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to consider this
V-day!
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welcome it's new
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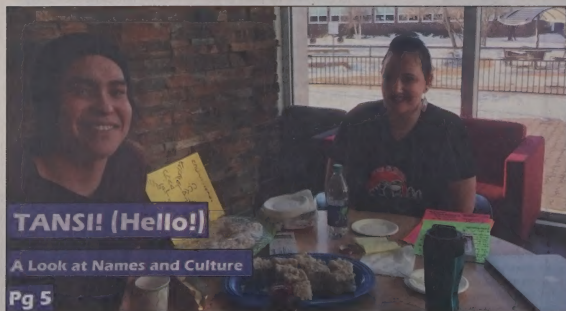
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THE DAGLIGHTALE

Feb 6, 2017

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The Daglightale is printed by Star Press Inc., Wainwright, AB.

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We wish to acknowledge that the land on which we gather is Treaty 6 territory and a traditional meeting ground for many Indigenous peoples. The territory on which the Augustana Campus of the University of Alberta is located provided a travelling route and home to the Cree, Blackfoot, and Métis, as it did for the Nakoda, Tsuut'ina, Chipewyan, and other Indigenous peoples. Their spiritual and practical relationships to the land create a rich heritage for our learning and our life as a community.

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Rocky Road

Photo: **Jenny Green**

Tansi! (Hello!)

Photo: **Mariam Hosseiny**

The Editors' Cherub



The University Balancing Act Keeping Up When Even All-Nighters Aren't Enough

Sammy Lowe

Co-Editor



I am sad to say that I have seen countless friends struggle with the university balancing act, and it's unfortunate that we all seem doomed to repeat it over and over despite our best efforts.

No matter how early we start our major research papers or how late we stay up finishing our reports and assignments, we never get a chance to catch our breath as there is always more work to be done.

While we can take some solace in having fall break and reading week as times to catch up and recuperate, there seems to be a growing trend of using those periods to assign extra work or schedule a midterm directly after, because we now "have the spare time".

Sadly, this practice often under-

mines the point of having this time off and only increases our levels of stress and fatigue.

Perhaps the title of this editorial is slightly misleading, as I don't actually have an answer to solve our struggle for balance and survival. I myself have felt the pressure of looming deadlines and an excess of commitments, and I have yet to discover the magic solution to make things more manageable and less overwhelming.

However, I did want to share some ways in which I have altered my way of thinking about university and fulfilling all of my commitments, and perhaps they might be helpful to you. Or, maybe they won't and you will just use this issue of the Dag to make some paper mache maracas. Hey, whatever it takes to be creative nowadays, am I right?

First of all, I want to say that that triangle infographic thing that essentially states University Life: sleep, good grades, social life, you can pick 2, is absolute BS. It isn't unreasonable to expect all three, as long as you are willing to work

hard for them.

Time management is key, however you will have to experiment and decide for yourself what works for you. However, PLEASE try to avoid throwing sleep to the way-side even though it might seem like the easiest thing to give up (I am a bad culprit of this as well).

Related to that point, always make some time to spend with friends and with yourself. Having a quick coffee date with Beatrice or taking 30 minutes to watch your favourite Golden Girls episode will do wonders for your mental health and pay off in productivity in the long run.

Finally, try to keep in mind that "no" is not the dirty taboo word that we sometimes think. Although we should take advantage of opportunities presented to us, turning things down helps avoid overcommitment and makes the experiences you do have that much more enjoyable. And who knows? Often times the opportunities that we turn down have a way of reappearing in one form or another.

And with those thoughts, I wish you luck in writing that paper or studying for that exam or making those maracas; whatever it is that you have been putting off by reading this!

In Defense of Dyson Our Favourite Hand Drying Machine

Autumn MacDonald

Co-Editor



Naturally, as a Environmental Studies Major I would like to put my two cents in about the infamous Dyson air dryers that are new(ish) to Augustana.

The new air hand dryers which have been peppered around campus are known as the "Dyson Airblade V" model. Benefits of the Airblade V are plenty as showcased on the Dyson website. HEPA filters installed make it the most hygienic brand model out there catching 99.97% of particles the size of bacteria as small as 0.3 microns, which is pretty small stuff according to science (I'm a Bachelor of Arts, gimme a break!).

Using this model saves almost \$1430 a year in maintenance and operation costs compared to paper towel dispensers. Less paper tow-

els means less paper waste and less stuff in the landfill. I'm down for that! Also, the lower power grading of the Airblade and shorter drying time (10-12 seconds) minimizes energy use.

Of course this leads us to the great paper towel and hand dryer debate. Paper towels don't use electricity to dry hands but they require manufacturing in high quantities and then regular transportation compared to stationary hand dryers.

The Airblade V only produces 2.4g of CO₂ per day resulting in 79% less emissions than other hand dryers and 76% less than paper towels which contribute 13.9g of CO₂ per day according to Dyson calculations. Dyson's experts break down their calculation process on their website and not gonna lie, it seems pretty sound to me!

Ok, what about noise? This is the primary concern of the average Augustinian. Especially when guest lectures or public events in the forum are being held when sometimes talking is interrupted by the distant sound of air blow-

-ing and a "Oh, there goes Dyson again!" Well, the Airblade V models are Noise Abatement Society tested and approved... they even have a Quiet Mark award.

So all in all, I think we should embrace the Dyson life now. And really, hand driers that exist today are significantly better environmentally than 10 years ago. And really, they used to be A LOT louder.



The Good, The Bad, and The Ugly

A Dating Article (Part One)

by ISABELL STAMM



With Valentine's coming around the corner we are constantly reminded about just how single we are or were before meeting our SO. Whether you are in a relationship or just testing the waters, here are some of the best and worst dates that our Augustana staff and students have gone through to make you feel better.

English Instructor:

Samantha Christenson

"I started dating at about 16 years old. I lived in a small hamlet called Carleton Place with about 300 other people, and the guy I was seeing was from Strathmore. In typical highschooler fashion I could not have my parents knowing about any of that, so I had to sneak out at midnight to see him. I decided to go out of my basement window rather than take the front door, because that seemed the most logical at the time.

Only problem was it was covered in spider webs, and there was no way I was doing that. So I hauled out our vacuum and proceeded to vacuum up all the webs at midnight, before I climbed out. Surprisingly enough my parents didn't wake up to the noise and I thought I was home free, until my date rolled in with his 1973 El Camino.

The entire street could hear him coming. I didn't hear a word about it until the next day when they decided to interrogate me about my whereabouts last night, but it was all well worth it since that was ten years ago and we have been together ever since."

1st Year Student

"I was 15 years old and had been talking to this guy for a few months when we decided to make it official. We had been together about three weeks when he got pretty sick. So he missed one day of school. And then another, and another. He seemed to have come down with something bad so I, being his girlfriend now, decided to visit him and bring him Jello. He eventually went to the doctor and got tested for strep throat, which came back positive. He got on antibiotics and came back to school the next day. A week later he got sick again, and it was the same thing. So he was put on antibiotics again

and the doctor decided to have his family tested, because someone close to him must have been giving it to him. All their tests came back negative, so his doctor asked if he had been seeing anyone.

No one knew about our relationship yet so he had to tell everyone that he had a girlfriend now. The doctor suggested I get tested too. I didn't have any symptoms and I'd been around him the whole time, but I went in just in case. It came back positive. From that day forward he proceeded to call me his "Typhoid Mary," after infecting him repeatedly while never being sick myself. We are still together, despite the rough start."

5th Year Student

"I had an evening exam to go to one semester when a huge storm rolled in. The roads were covered in ice, snow was everywhere and it was just gross. I was really nervous about my exam so the guy I was seeing insisted on picking me up afterwards. I told him there was no way he could go out on these roads but he insisted and didn't give me any other option. He showed up just on time and it only took us an hour to get home for what should have been a twenty minute drive. Just goes to show that true love can weather any storm."

6th Year Student

"I was in grade twelve when my boyfriend at the time had undergone a surgery to realign his nose. I didn't have my license at the time so a good friend of mine offered to take me to see him. It seemed like a great idea so off we went. On the way there we were pulling up to a green light and my friend didn't notice the car in front of us was still stopped, so we rear-ended it. There wasn't a lot of damage so eventually we drove away and went to his house. Nothing holds us back."

3rd Year Student

"I didn't really date in high school so I decided to take matters into my own hands in University and download Tinder. I made a few matches and met a few guys when I got a message from this one guy. His first message to me was the cheesiest pickup line ever, so I thought I would give him a chance. We decided to meet up at West Edmonton Mall and go from there. I called him as I was walking through the mall since I didn't know where he was at. While I was on the phone I saw this guy walking towards me while on the phone, when a small child ran straight in front of him. He awkwardly tried to avoid hitting the kid



Chelsea Toft helps a child with arts and crafts at the annual Rocky Road Ice Cream Festival last Sunday, Jan. 29

Ice Cream Festival A Sweet Success!

Rocky Road Ice Cream Fantasy Celebrates 150

by JENNY GREEN



On Sunday, January 29, the community of Camrose was treated to its annual Rocky Road Ice Cream Fantasy. Founded by students in 1993 with the goal of helping a charity while creating an event for the city's youth to enjoy, this event is now run by the Residence Life team. Clad in crimson t-shirts provided, dozens of volunteers from all corners of Augustana came out and helped with the event.

Children of all ages as well as parents, grandparents, and other community members joined in on the fun at the various stations within the Augustana gymnasium. From the event's beginning at one o'clock to its wrap up at four, children created beaver crafts, indulged in ice cream, and had their faces painted.

Other stations included the rock climbing wall, an obstacle course as well as parachute games. In addition, prizes were won by lucky guests and silent auction items were bid on and sold. Overall, the festival proved to be a major success.

Resident Supervisor, Rob Ford, who has been a part of organizing the ice cream festival "since the beginning" believes that events like this are critical for building relationships outside of campus.

"Being involved in community events are crucial for building con-

-nections between the Augustana community and the Camrose community. Connecting people helps to break down stereotypes and friction points between communities and individuals."

When questioned on his hopes for the festival's future, he noted: "I hope for a robust event that continues to engage students in planning and volunteering for the event while demonstrating support for the community we are part of."

"Connecting people helps to break down stereotypes and friction points"

Since 2017 marks the 150th anniversary of Canada's birth, the earnings of the event will be donated to the National Center for Truth and Reconciliation to support educating others on residential schools.

While proceeds were designated for this worthy cause, the event also amassed contributions to another deserving source. According to Hall Coordinator and Head of Sponsorship Committee, Deanna Funk, "we had 2 1/2 shopping carts of Food Bank donations and \$120 of monetary donations for the Food Bank as well."

Who knew ice cream could be so rewarding?

10 Date Ideas

For When You're Completely and Utterly Alone

by CAROLYN VENTER



You're completely alone. No one wants to be with you. It's almost Valentine's Day. You're getting older and uglier by the minute. Should you give up on ever finding love? Absolutely. But just because you're a destitute spinster or some weird loner dude doesn't mean you can't still enjoy life. So here are ten solo date ideas that will leave you saying "The Dag sucks. I want a relationship."

1. Go to OCs on a Friday night. No, not the bar. Take your car and park it in the parking lot of the church and just watch people. You'll get to enjoy all the benefits of a social outing without leaving the comfort of your vehicle. Sure you could go inside and look for a hookup but that seems desperate. Wait for them to come to you. In no time someone will knock on

your car door and say "You can't park here" or "Can you spot me a Toonie for a hot dog?"

2. Write to your favourite author. This one is especially fun if you have no other role models in your life. Tell them your whole sob story about how weird you are. Not only will you likely get a letter back from a publisher asking you to "please stop writing here" but you might end up in your favourite author's new book called "Alone and Begging for Death: A Comedy."

3. Masturbate. This one is pretty self-explanatory.

4. Go to a Haunted location. Normally this would be kind of romantic because the two of you could protect each other and cuddle but since you're doing this completely alone it's probably going to be really ****ing scary.

5. Go to the movies and throw popcorn at the couples. One major reason that you're alone is because your not memorable and you don't stand out. Well that's over now because you just had a 7 minute

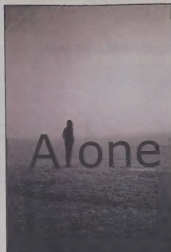
screaming match with the blonde woman in the third row when she falsely accused you of throwing popcorn at her. Say "Not only did I throw popcorn at you, but I've also got my eye on your man." So now this solo date idea has also turned into an opportunity for a smack down.

6. Fight someone (see number 5).

7. Pack a picnic. Normally in dating situations you would have to worry about packing cute food that makes you look adorable while eating but since there's no one else around, you can go ahead and eat that spaghetti with your hands, lick the cheese whizz off the knife, and pour the salt from the shaker directly into your mouth. The key to making this a solo date instead of a regular Wednesday night is leaving the house. For an extra fun time bring a sock puppet to talk to.

8. Make a sock puppet.

9. So you failed to make a sock puppet because you're not the artsy type and you didn't want to spend the 86 cents on googly eyes. That's fine, but you should still channel your sexual frustration into something new and exciting! For instance, you know what a mur-



-der map looks like? Make one of those for your crush and be sure to include everyone they've talked to in the past week, locations they've visited, and times they've called the police on you. That will get your mind off things.

10. Throw some movies on and just cry. As a starting point I recommend 'Moulin Rouge', 'P.S I Love You', 'The Reader', 'Seeking a Friend for the End of the World', 'The Holiday', 'Blue Valentine', 'Revolutionary Road', 'My Girl', 'Brokeback Mountain', and 'Schindler's List' for good measure.

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What's in a Name?

by JENNIFER HA

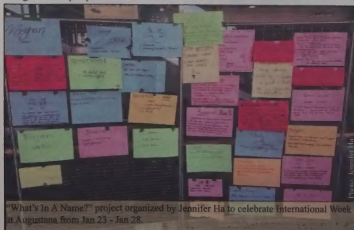


During International Week, you might have noticed some brightly coloured paper featuring people's names on display in the forum. Those pieces of paper were a part of the "What's in a Name?" project I organized as a way for us to consider what names mean to our culture, each other, and ourselves.

Individuals with uncommon, typically non-English names tend to feel othered or alienated as a result of their names. Often, people with uncommon names are told that their names are too "difficult" or "weird." Sometimes, these names can be subject to ridicule or mockery.

As we use names as a representation of ourselves in our society, these kinds of reactions to one's name can make a person feel like they are themselves difficult, weird, foreign, and inconvenient to others by extension. While people rarely have malicious intent, joking about someone's name or asking them to go by something else can have detrimental impacts on people's sense of self and identity. These interactions make names feel like "markers" for not belonging. Even before a personal encounter, people judge and make assumptions about others based on their names.

Individuals with uncommon names, especially people of colour, are less likely to be asked to participate or called for an interview. They are, however, more likely to face discrimination or bullying. People with uncommon names are often dehumanized in subtle ways as they're asked to change their name, mocked for their name, or confused with others who may also have an uncommon—albeit entirely different—name. The way we tend to treat uncommon names is reflective of how we tend to treat marginalized people.



"What's In A Name?" project organized by Jennifer Ha to celebrate International Week at Augustana from Jan 23 - on 28.

My Korean name is Yeon Soo. It is my legal name—what's on my driver's license, university forms, bills, etc. It means exceptional lotus and it is a result of very careful deliberation on my dad's part. He named me to be resilient, as lotus flowers bloom even in muddy waters. In my years of living with this name, I've had countless experiences where I felt belittled or othered for having a non-English name.

People often treat Yeon Soo as a joke or an inconvenience. I've heard it butchered in more ways than I could count. I've had people insist that's what they're calling me from now on. I've had people refer to having a non-English name as weird. While it might seem hypocritical to carry so much weight on my Korean name but go by another name, I go by my English name out of not just convenience but also to preserve and honour my Korean name. I am Yeon Soo and I am Jennifer—identities are complicated.

This project asked participants who have uncommon names to write down what their name means to them. In our Canadian, Anglophone society, uncommon names are typically names from other languages and cultures. What we tend to overlook while focusing on foreignness is the fact that most names are personally significant representations of someone's culture and heritage. Thus, when we mock or dismiss or look for alternatives to someone's name, we are doing the same to a part of someone's culture or identity.

For some, their name can be a connection to their heritage. For others, their name can be a reclamation towards their identity. This project also asked participants or observers to consider what significance names carry—it goes beyond something to call another person.

We should reflect on times that we were introduced to someone with an unfamiliar name and consider how we reacted. We should always do our best to accommodate and include everyone, and the first steps are as easy as pronouncing someone's name correctly.



In Search of Cinderella

A Creative Piece

by ISABELL STAMM



There once was a prince, who was searching for a princess to call his wife. He searched far and wide but alas he could not find her. His father bestowed some wisdom upon him, to search in a new place. To start a Tinder account and see where it takes him. He was amazed by all the wonderful ladies he saw, but he was looking for The One.

And so he started swiping. Faces sprung up, left and left and left. Not one caught his eye, and he wanted to give up. But alas, he found her, and within 100 km no doubt!

She had long blonde hair, right down to the floor Tinder said. With "Down to Earth Girl, Searching for Prince" on her profile, it seemed a dream come true!

So he swiped right and waited, hoping she would connect with him. Not long after he had a match! She was the girl of his dreams, so he messaged her right away.

She was witty and smart, and everything he could ever want. He asked to meet her by the park for a date, but she insisted the bar was a better place. He agreed, with a smiley face.

He rode to the bar in his friend's new truck, and couldn't wait to finally meet his princess. He walked in and looked around, for the girl with the long blonde hair.

It wasn't long before he found her sitting alone, with four empty shots of tequila on the table. He walked up with a smile to introduce himself, but she seemed to

to already know who he was.

"Prince Charming! Look at you! You look even better in person." She stumbled as she tried to stand up to hug him. He smiled and held her up, like a true gentleman.

She asked him if they could move their date somewhere else, somewhere a little more private. He was thrilled, to be able to talk to her without all the loud music, so he agreed. She led him to the street and into a cab, then into her apartment and shut the door fast. She grabbed onto his shirt and you know the rest.

He fell asleep on her sofa thinking, "Now this is my kind of princess."

He woke up the next morning feeling like quite a mess, his princess was nowhere to be seen. He gathered his clothes and looked around to find a note on the table. "Let yourself out," it said, "and forget my address."

Stunned and in despair he didn't know what to think, so he put his clothes on and walked down the street.

He waited in a café while he gave his friends a call, they said they would find him "so don't move at all". He got in the truck and told them about his night, princess is gone and he still doesn't have a wife.

His roommate Eric punched him in the arm and said, "Maybe try Plenty of Fish, it can't do any harm."

Cosmic Corner

We Have A "New" Neighbour

by **CRYSTAL ROSENE**



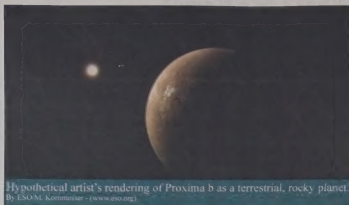
2016 proved to be a phenomenal year for breakthroughs and progress in astronomy and astrophysics. While perusing several recaps of the year's accomplishments, I came across one discovery that resonated with me in particular. A few months ago, I wrote a detailed article about the possibilities of life on other planets, and the necessary conditions for survival. So I was thrilled to find out that a new planet, designated Proxima b, was just discovered in August of 2016.

The finding of new planets isn't really anything new; in fact, Wikipedia says there are 3560 confirmed exoplanets (planets orbiting stars other than our Sun) and 2671 confirmed planetary systems, as of January 12, 2017. But what is

exciting is that Proxima b is very near to us, and could possibly be Earth-like.

The planet was discovered by researchers at the European Southern Observatory in Chile, who had been monitoring the 'wobble' of its parent star for the last 16 years. It was found to be orbiting the nearest star to Earth, a red dwarf called Proxima Centauri, which is only 4.22 light years away - a 'small' distance on the cosmic scale. For reference, the distance from Earth to Pluto is approximately 0.0008 light years, so Proxima b is roughly 5000 times the distance from us to Pluto.

As Proxima Centauri is the closest star to the Sun, Proxima b is very likely the closest 'neighbour' that we have, and possibly even within the realm of eventual travel to it. The fastest spacecraft ever launched from Earth has a speed of about 60 000 km/hr, so travelling at this speed, it would take approximately 75 000 years to get to Proxima b. Clearly, we had better get started...



Hypothetical artist's rendering of Proxima b as a terrestrial, rocky planet.
By: ESA/ESA, Kees de Graaf - (www.esa.org)

What would we find once we finally get there? This is where there is still some uncertainty. According to one article, scientists still don't know whether or not the planet is terrestrial or gaseous. However, a different article states that it's proximity to its parent star likely points to it being rocky like Earth. This proximity also leads researchers to believe that Proxima b is likely 'tidally locked' to Proxima Centauri, meaning the same face of the planet is always facing the star.

Proxima b is also about 1.3 times the mass of Earth, and is orbiting Proxima Centauri at a distance that falls within the star's "habitable zone", which describes

the temperature zone at which liquid or frozen water can remain on the planet. This is an encouraging development, as liquid water is essential for life to survive.

There are still many questions surrounding the planet, as there is only so much detailed observation that can be carried out from so far away - but the opportunities that come from having a planet this close to us are endless, and I'm sure we will be hearing more about Proxima b soon!

Familiar Faces

A Semi-Regular Piece

by **JENNIFER HA**



We at the Dagligtale have a fun tradition (it's officially a tradition if you do it semi-regularly for a few months, right?) of acquainting the campus with some new members of its community. This issue, we talked to Alyssa Martin, a transplant from the Camrose Public Library, about future goals and

sparkly things. Alyssa is a Public Service Assistant at our library.



1) Do you have any hidden talents that most people don't know about?

Hidden talents... I'm pretty good at real life Tetris. I can fit more food into a refrigerator than should really be allowed. The same goes for packing boxes, getting a lot of stuff into a car, cramming

all of my junk into the closet when company comes over, etc.

2) What did you wear to your high school graduation?

At Camrose Composite High School, they combine graduation and prom into one day, so I wore a dark turquoise gown, and I borrowed some sparkly earrings.

3) Did you make resolutions for 2017? How are they coming along?

I don't normally make New Years' resolutions, but I do have some goals I'm working towards. I want to do more illustration and design work this year (that's what I went to school for), and I want to start to learn another language.

I always hated French class in school, and subsequently I didn't learn much. But it becomes more and more apparent to me that the ability to communicate with people who have different life experiences is incredibly important.

So, I decided to start with French because I thought it might be the easiest language for me to learn; we'll see how far I get.

4) What's your favourite part of your job?

One of the most enjoyable parts of my job is helping students with their research questions (we have research help available Monday-Friday, 10am-12pm and 2pm-4pm) and we love seeing everyone's lovely faces at the circulation desk.

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Spotlight



The Spirit of Reconciliation

Being a Part of Reconciliation at Augustana

by AUTUMN MACDONALD



The Chester Ronning Centre in conjunction with the Aboriginal Student's Office has spent a lot of time into the preparation and support of this semester's Spirit of the Land (SOTL) event which will happen February 16-17th named "The Spirit of Reconciliation."

The topic of reconciliation became the focus of this semester's SOTL event from previous SOTL events and conversations. Coming to this event "participants can expect a variety of ways to engage with the topic of reconciliation," Megan Caldwell, Interim Aboriginal Students' Office Coordinator states.

Thursday night is advertised as a conversation with Maria Campbell, famous Canadian author, playwright and community leader and "on Friday, we will have Elder Mary Moonias of Louis Bull Tribe here to share teachings around smudging and medicines, as well as share her own story with residential schools and reconciliation."

We will be hosting a sharing circle, where anyone can come and share thoughts, ideas, and experiences around reconciliation. We also hope to have student art and presentations highlighted during the event, possibly a lunch and learn session, and an afternoon 'Ask Me Anything' featuring Assistant Professor of History, Daniel Sims," Caldwell describes the event in detail.

Reconciliation will indeed be fostered in various ways based on the event's set-up. In the past SOTL has hosted conference based events which have had scheduled guest speakers. As Caldwell mentions, this time there is a different set up that is less regimented and less conference style.

This event will be more conversation orientated and there will be an "opportunity for participants to attend multiple smaller events" Carley Angelstad, Assistant Program Coordinator of the Chester Ronning Centre says at an advisory board meeting for the upcoming

SOTL event. Also, there will be "ways for people to reflect on what they are learning and the meaning of reconciliation, for example participating in the Aboriginal Student's Office ongoing Project of Heart" Cadwell adds.

"[The ASO]'s main goal is an ongoing one: to teach our campus and community about the Truth and Reconciliation Commission's work and the history of Residential Schools, to highlight past and current Indigenous experiences, and to build our campus as a place where people can engage in active work towards reconciliation by providing opportunities to increase our personal capacities for that work."

"By being part of this event, [the ASO] can contribute further to that learning process and hopefully engage with even more people than we have been doing." What Caldwell refers to is the ongoing Reconciliation Workshops that happen once every month which help "raise the profile of Indigenous issues on campus."

Could an Indigenous issue be the admission price of the reconciliation event? Darrien Letendre, former Aboriginal Student Representative of the ASA, approached me and suggested that "... it is insensitive to our culture [the assumption] that elders need money."

Of course there are the costs that are associated with bringing guest speakers like Maria Campbell to conferences and events, "I am sure she would accept a cultural offering" Letendre insists.

To clear up this notion I attended an advisory meeting for the upcoming event and was assured traditional customs will be followed. As well, the suggested entrance charge for Maria's talk goes directly towards covering speaking and travel costs and Angelstad doesn't anticipate receiving any extra proceeds, in fact, past SOTL events have ran at a deficit. Friday's events are also free.

Raj Rathanyalu insists that the great community that has always supported SOTL will support students who do not have the resources to normally attend these events. After all, everyone is welcome, and the entrance cost is suggested by donation.

Needless to say, these are con-

versations we need to have.

"The Liberal party's platform was based on making reconciliation a priority in Canada, they should provide funding for events like this," Letendre says. Everyone needs to be a part of the conversation, charges should not get in the way. I have yet to ask the Prime Minister for his opinion.

For more information on the upcoming event you can email spiritoftheland1@gmail.com or visit www.spiritoftheland.ca. I highly encourage you to check out at least one of the organized activities over these two days. Reconciliation involves everyone, yes, I mean you!

FEBRUARY 16-17, 2017

Aboriginal Student Office

Thursday, Feb. 16
7:00 pm
A Conversation with Maria Campbell
- Augustine Chapel
\$10-\$15 (donation)
Friday, Feb. 17
12:00 pm - 4:00 pm
@ Augustana Campus
- Speakers, conversation, Indigenous community, interactive art display.
More information:
a. spiritoftheland1@gmail.com
p. 780.679.1140

THE SPIRIT OF RECONCILIATION

Maria Campbell
Award-winning author, playwright, and community leader. Her work includes the novel *Red Dress*, the play *Shogun*, and the book *My Indian Grandmother*.



Flirt Zone

Pick up Lines for the Modern Student

#Disney Edition



- > You can call me Nemo, because you know I'm gonna touch the butt...
- > Whether Jafar or Ja-close, I'll always be yours
- > Baby, I can be your Cinderella ella ella eh eh eh!
- > You've got a friend in me... with benefits, that is.
- > Your name must be Ariel, because I think we mermaid for each other.
- > Call me Pooh, because all I want is you, honey <3
- > Your body is a wonderland, and I'm Alice.



The Science of Love (Part One)

Love in the Wild

by BRIANNA LORENTZ



Valentine's Day is right around the corner, meaning that love is in the air... well, love and pheromones and mating calls. That's right. What better way to approach the season of love and warm affection than with cold, hard, uncaring science?!

It is worthwhile to look at how love, attraction, and mating work in nature. We can start with the feel-good story of the Waved Albatross, a bird that by all accounts is fully monogamous. The male waits expectantly each year for his long-term mate to return from the open ocean so that they may be reunited and resume their biological duty to reproduce and rear offspring.

It's hard not to impart our own human feelings on this species as upon return the albatrosses seem to celebrate by dancing happily and pressing their faces and body

against one another.

David Attenborough, when describing the relationship between Waved Albatross mates, says that "if love, as we understand it, exists in nature, then surely this must be it." However, for many other species, our human definition of love does not apply. The most extreme example that comes to mind is the sea slug, a hermaphroditic aquatic invertebrate.

Being that all sea slugs have the capacity to act as either parent, a pair of sea slugs will fight each other to avoid filling the energetically-expensive role of mom. The fight ends in the winner stabbing the loser with its genitalia; therefore, becoming the deadbeat dad.

As an extra special tidbit of information, some species have even dabbled in inter-species relations. Most recently, scientists observed Japanese Macaque males mounting and attempting to mate with a species of small deer called a Sika, presumably due to the lack of female macaques in their area.

The Good, The Bad, and The Ugly

A Dating Article (Part Two)

by ISABELL STAMM



Continued from Pg 3

while almost falling over himself. He looked up from his situation and looked directly into my eyes and I could hear the guy on my phone say: "You saw that didn't you?" The rest of the date went well compared to that."

**Psychology Professor:
Dr. Sean Moore**

"I met my spouse in University. We struck up a conversation about one of her favorite artists: Bob Mould. I happened to enjoy him very much as well, and she was amazed because she had never met anyone else who had heard of him.

At that point I may have embellished my story a little bit, saying that he was the first concert I had ever been to in University. She seemed very impressed with this, although she did eventually find out that I had lied a little, as it had been my third or fourth. We went out on a date shortly after.

We were in Edmonton driving on the highway when we started talking about movie's we hated. She told me how afraid she was of "Children of the Corn," a Stephen King movie. There is a famous line in the movie where the man says "Malikay, he wants you too..." in a super creepy voice.

I thought it would be funny to imitate that voice while we were in the car, but she freaked out and took her hands off the wheel. We almost caused an accident right there. One word of advice, when someone tells you they are afraid of something, believe them!"

**A Couple Moore from
Dr. Sean Moore**

"So my wife's parents met in a sort of peculiar fashion. Her father was from West Berlin, but moved to Canada before the wall was put up. He went up to the Yukon to work at the gold mines. He was very happy but really wanted a German wife, so he decided to put an ad in the newspaper in Berlin, searching for a German woman to come to Canada with him.

His father (my spouse's grandfather) took the answers, of which there were three, and got them back to him. He liked the first woman a lot and was pretty sure he could marry her, but the grand-

-father insisted he meet this other lady. So he decided to go on a date but ended up getting sick, so he sent the grandfather on the date for him.

They met and the grandfather said she was the nicest woman possible, he must meet her. And so he went out with her and really liked her, they continued to date for a year or so. He gave her a ring made of solid gold, which he panned while he was in the Yukon. She thought he was rich, so they got married and moved to Canada together. She did find out he was not rich, but they were very happy together regardless."

"One night while me and my spouse were at home, we heard a knock on the door. When we answered it was a pair of our friends standing outside. They asked if we would be witnesses to their wedding. It felt a little sudden, because they had only gone out on three dates but we said yes.

And so we drove to the Justice of the Peace on a Thursday night. We ended up in this lady's basement in Edmonton. She was on her way to go to a symphony so she only had a dress and jeans on as she was mid changing. She was concerned the couple was high or drunk and kept asking if they were sure about the situation before continuing.

They were also both immigrants into the country, so she had to make sure it wasn't merely a marriage of convenience. But they were adamant so they were married that night. It was a passionate sort of love, but as we all know; it wanes. They stayed together for a few years before mutually deciding to separate."

"A cousin of mine had been doing the online dating thing for years, on all of the websites. She learned many things over that time. As a general rule of thumb: If the man's profile includes his height, take off 3-4 inches from whatever is listed.

Men tend to overestimate their physical appearances, some more dramatically than others. She went out on a date with a guy who posted he was 5 foot 8. Much to her surprise when she arrived on the date to find he was shorter than she was! She was only 5 foot 1, so this guy was way overestimating, or just plain lying."



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LODGE CHIPS	8.49	4.25	CRACKLING SIRLOIN BITES	13.49	6.75
CASCADIA SALAD	10.49	5.25	CLASSIC MIKEBURGER	12.99	6.50
CAESAR SALAD	8.99	4.50	BACON MIKEBURGER	15.49	7.75
PEMBERTON SKINS	10.49	5.25	BACON MUSHROOM MIKEBURGER	16.49	8.25
CRISPY CALAMARI	13.49	6.75	<small>MoreMIKES</small>	13.49	6.75
DEEP FRIED PICKLES	9.99	5.00	MIKES ORIGINAL STEAK SANDWICH	16.49	8.25
CHEESY GARLIC BREAD	8.49	4.25	CAJUN CHICKEN CLUB	15.49	7.75
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MIKES SPIN DIP	10.49	5.25	SKOOKUMCHUK CHICKEN BURGER	16.49	8.25
CRISPY PANKO SHRIMP	9.99	5.00	GARDEN BURGER	14.49	7.25
CRISPY PANKO SHRIMP <small>Sriracha toppy</small>	10.49	5.25	STRIPS & FRITES	14.99	7.50
TRADITIONAL POUTINE	9.49	4.75			



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The Science of Love (Part Two)

Love Under the Microscope

by SAMMY LOWE



Continued from Pg 8

When we consider the topic of love, we shouldn't restrict our selves to the macroscopic world that we see around us. While the romantic displays and courting behaviors of creatures like humans, macaques and beluga whales are fascinating and complex, there is a lot of romancing going on where we can't see.

If we focus our gaze down to the cellular level beyond what can be perceived by the naked eye (hot), it becomes clear that we aren't the only ones getting busy!

Microorganisms, which vary greatly in size but are typically smaller than the head of a pin (1.5mm in diameter), have extremely short extremely short generation times of hours and even minutes.

This quick turnover means that many microbes are constantly reproducing in the soil, on countertops, and even on your skin! If that doesn't get you all hot and bothered, then I guess you are pretty normal because that actually sounds kinda gross...

If that does spark your interest, however, then you will be pleased to know that microorganisms are expert love-makers. To achieve genetic variance between generations, they can engage in various forms of sexual reproduction such as conjugation and transduction.

Bacterial conjugation, romantically referred to as a "cell to cell union", is a one-way transfer of genetic material from one cell to another through a conjugation tube constructed with sex pili (the bacterial thirst is real).

Transduction, on the other hand, involves genetic information being transferred from one bacterial cell to another by a bacteriophage virus. Microbial ménage à trois, anyone?

Despite these forms of 'multi-partner' reproduction, most microorganism reproduce asexually to rapidly produce a large number of genetically-identical offspring. They can employ a wide range of these techniques, including binary fission (dividing into two) and budding (buds develop at one end of the cell and breaks off as a daughter cell).

Therefore, microbes show us

that a little self-lovin' every now and then isn't a bad thing!

In the spirit of Valentine's Day, and considering that you probably aren't a single-celled organism, I will shrink down even smaller and discuss some of the molecule drivers for our feelings of love and affection. At each of the three common stages of love, being lust, attraction and finally, attachment, there are specific molecules at play that help us find that special connection.

When experiencing lust, the sex hormones estrogen and testosterone promotes feelings of raw attraction and physical desire in both men and women. Attraction, on the other hand, is mediated primarily by dopamine and serotonin, which trigger intense rushes of pleasure and explain why our new lover is constantly on our thoughts. Finally, we reach the stage of attachment when oxytocin (the 'cuddle hormone') and vasopressin establish strong biological bonds based on commitment and long-term connection.

Based on this molecular information, youramazingbrain.org suggests that the sure-fire way to fall in love can be achieved in 3 simple steps: 1) seek out a complete stranger 2) spend half an hour revealing your most intimate secrets, and 3) spend 4 uninterrupted minutes in silence staring into each other's eyes. It really is that easy!

And so, as we quickly approach the holiday of love and romance, remember that science has always got you back! If nothing else, treat yourself to a nice session of binary fission or budding.

Seductive Sudoku

Back By Popular Demand! (you're welcome Alex)

Easy

1	3		2		7	4	
	2	5		1			
4	8			6		5	
			7	8		2	1
5				9		3	7
9				3			5
	4				6	8	9
	5	3			1	4	
6							

Sexy Sudoku

Hard

4	3	8	7	6		1		2
2				9		5	3	
					2	6		8
		4		2	3		5	
3						8		
6								
	5			1		3		9
	1						8	
9			6				7	



Oooh, so hot



Double Date
Credit: Ayla Hargrave

Procrastination Station

Campus Horoscopes

How To Make Each Sign Your Valentine

by JENNIFER HA



Aquarius (Jan 19 - Feb 18)

Aquarians are air signs and can be non-committal and fleeting. They value intellect and intuition. Appeal to an Aquarius by inviting them over for a foreign film or asking them about their personal philosophies.

Pisces (Feb 19 - Mar 20)

Pisces are fish who wear every emotion on their sleeve instead of sleeves. To hook a Pisces, write them a loving piece of poetry—a sonnet is a better idea than a haiku as Pisces are patient beings who like to think things over.

Aries (Mar 21 - Apr 19)

Asking out a fiery Aries is a risk as you never know what mood you'll catch them in. An Aries needs someone confident who will match their intensity. Appeal to their adventurous side and keep them interested by planning a scavenger hunt for them, leading them to you!

Taurus (Apr 20 - May 20)

Winning over a Taurus requires persistence, but their fierce loyalty will make it all worth it. Ironically, you need to cut the bull if you want to seduce a Taurus. Be upfront and tell them how you feel! Brace yourself for a blunt response either way.

Gemini (May 21 - June 19)

Ah, the two sided Gemini... With their charm and charisma, it's no wonder you fell for them! Geminis are always looking for excitement. Propose a midnight drive where you can converse with a Gemini (and both of their sides) one-on-one so you can tell them how you feel.

Fair warning, though: even if you are the perfect match, a Gemini might not be able to commit to you. A bonus is that any action you get from a Gemini technically counts as a threesome.

Cancer (June 20 - July 22)

You might think they'd be crabby, but Cancers are actually quite tender babies. If you care about a Cancer, let them know! Add a guitar or a piano and a sweet love song on top of demonstrating care and they'll be yours in no time. However, considering their shy nature, it's best to keep serenades private.

Leo (July 23 - Aug 22)

The only thing Leos love more than hearing their own voice is hearing other people's voices talk about themselves. Shower your Leo crush with compliments or tag them in memes that remind you of them and you'll cage that lion in no time.

Virgo (Sep 23 - Oct 22)

Though they are represented by the Virgin, Virgos are actually quite romantic! Virgos are considerate, wholesome folks who don't need extravagance. A moonlit walk or a nice dinner would be the perfect opportunity to get to know them better. Whatever you do, don't suggest ambiguous "hangouts" like Netflix and Chill—their analytical minds will go into overdrive!

Libra (Sep 23 - Oct 22)

Libras, true to their sign, are looking for balance. Before you decide you belong with a Libra, really consider if you're a good match—they certainly will. Once you decide you have a solid case, you can romance a Libra most effectively by winning over their friends. Demonstrate that you'd be a natural fit in their life by fitting in well with their pals and slowly pursue more intimacy. It's a long-term project, but Libras thrive off of consistency.

Scorpio (Oct 23 - Nov 22)

Scorpios are notorious for their intensity and high sex drive. If romance is not your thing and you're looking for something more casual to keep you distracted from Valentine's season, hit up a Scorpio in your contacts.

If you are hoping for something more serious with a Scorpio, you need to consider that they are not just intense—they're also very possessive. Show your Scorpio crush that you're serious about devoting yourself to them by getting their name tattooed on you. If anyone would be into it, it'd be a Scorpio.

Sagittarius (Nov 23 - Dec 21)

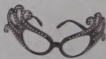
In an ideal world, a Sagittarius would never stop travelling. If the Student Loans Office was generous enough this year, offer to take a Sagittarius on a trip. Short of plane tickets to Paris, appeal to their sense of humour with a series of travel-related puns like, "Are you from the Netherlands? Because Amster-DAMN!"

Capricorn (Dec 22 - Jan 18)

Capricorns are about efficiency and practicality. Don't beat around the bush: send your favourite mountain goat a detailed itinerary of the date you planned. And don't be late picking them up!

Ask Amber

Your sassy, satirical self-help guru



Dear Amber,

I am desperately in need of some food. I am starving and all my money was just spent on tuition. Where can I get food/what are some ways I can eat without begging other people?

Also, I have like no concept of how to buy groceries like an adult. I always seem to come back from Superstore with 5 cartons of orange juice, 20 pepperoni sticks, a tomato, and nothing else. Help!

Yours,

Hungry Eyes

Dear Hungry Eyes,

Well the simple solution here is to think of this as a weight loss opportunity. You can get that hot tight body while claiming that you're not really trying to lose weight, just actually starving.

If for some reason you don't want to do that, I recommend scoping out the reciprocity shelf and going to soup supper. You could also sneak into the cafeteria and eat food off people's plates. If you do come into some money and have the chance to go grocery shopping, go with an A type personality. The kind of person who makes

grocery lists and flosses. They will swat your hands away from anything that doesn't have at least a 7% protein content. Stock up on Beans and Rice. That's all I got.

Dear Amber,

Since I graduated from high school my two best friends literally ditched me and won't talk to me. I didn't even do anything! I want to reach out to them, but when I ask them to hang out they don't answer and I think one of them blocked my number. It's awful and I feel so alone!

Sincerely,

The Loneliest Chemistry Major

Dear Loneliest Chemistry Major,

Have you not made friends here? Honestly, people lose touch and drift apart after high school. Probably the best thing you could do is to post pictures on Facebook of you and your new college friends who dress better and are much more interesting.

If you don't have any friends post statuses that are really uncharacteristic of you like "thinking of moving to France!" and "Thank you Maurice for the salsa lessons." Your friends will see these statuses and wonder if you are too cool for them now. They will definitely text you asking about Maurice.

Campus Happenings!

Monday, February 6:

Augustana Human Library
Sessions Run From 6-9pm
Info @ aug.ualberta.ca/humanlibrary

Tuesday, February 7

Augustana Human Library
Sessions Run From 6-9pm
Info @ aug.ualberta.ca/humanlibrary

Wednesday, February 8

Experiments in Character
Mask: Acting from the Outside In

Distinguished Professorial Lecture
with Professor Kevin Sutley
7pm @ Mayer Hall
Register @ olafson@ualberta.ca

Thursday, February 9

How Old is Canada Anyway?
Reconsidering the Importance of Canada Day

Lunch and Learn with Professor
Daniel Sims
12:00pm Wahkoitowin Lodge
Register @ augalum@ualberta.ca

Off Campus Valentines Supper

6:00pm in Wahkoitowin Lodge
Grab tickets from the ASA Feb 6-8!

Friday, February 10

Women's and Men's
Volleyball vs. LAKELAND
6:00pm/8:00pm @ Augustana Gym

Saturday, February 11

Women's and Men's
Basketball vs. LAKELAND
6:00pm/8:00pm @ Augustana Gym

Tuesday, February 14

Valentine's Day



Thursday, Jan 26: Alex and Luke Jones enjoying the Ugo Augustana Winter Carnival that was hosted in the Quad in celebration of 1-Week.

Wednesday, February 15

The Sounds of Colours: Music and Chromesthesia
Public Lecture ~ Recital by Dr. Roger Admiral and Dr. Alexander Carpenter
4:00pm @ Chapel

Thursday, February 16

ASA Student Council
Nomination Deadline

The Spirit of Reconciliation:
A Conversation with Maria Campbell
7:00pm @ Augustana Chapel
Suggested \$10 admission for students
Info @ <http://spiritoftheland.ca/spirit-of-reconciliation/>

Friday, February 17

The Spirit of Reconciliation
10:00am-4:00pm @ Augustana
Info @ <http://spiritoftheland.ca/spirit-of-reconciliation/> **Women's and Men's**
Basketball vs. CONCORDIA
6:00pm/8:00pm @ Augustana Gym

Hockey vs. RED DEER

7:30pm @ Encana Arena

Saturday, February 18

Women's and Men's
Volleyball vs. CONCORDIA
6:00pm/8:00pm @ Augustana Gym

Monday, February 20

Reading Week Begins

Friday, February 24

Women's and Men's
Basketball vs. NAIT
6:00pm/8:00pm @ Augustana Gym

Hockey vs. RED DEER

7:30pm @ Encana Arena

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Friday, Jan 27: Men's Volleyball plays Keeyano College and make a great come back in the third set 25-21. Final score for Augustana: 1-3!



Friday, Jan 27: Students enjoying the coffee house and Tim Faltin's tunes. Show off your talents at the next Cheesecake coffee house!



Sunday, Jan 29: Earthwise Club and Camrose Fish and Game Association took 14 students ice fishing on Tillicum Beach. 8 Northern Pike were caught and released.

